

Check Your Shadow to Avoid Sunburn

- *Beware!* The risk of sunburning fair skin increases in March. For those who sunburn easily, a good rule to remember is: *Long Shadow—enjoy the sun; Short Shadow—seek shade*. If you note the length of your shadow at noontime each week in March, you will be impressed with how much shorter it becomes between the beginning and end of the month. The sun reaches its maximum intensity around June 21 at the summer solstice.

- At the spring equinox, around March 21, the sun becomes higher in the sky rather quickly for those who live or are stationed in the Northern Hemisphere. This is most noticeable for those who are stationed at an installation at high latitudes such as Alaska and Northern Europe.

- The health impact of this change in sunlight can be significant. Scientists now recognize the impact of sunlight—particularly from the increased ultraviolet and blue light—upon one's immune system and mood. An added result is the sunburning of sensitive skin.

- The delayed effects of skin cancer and accelerated skin aging also result from excessive ultraviolet exposure from sunlight—a risk that is always present during summer activities.

